

# Cardiovascular Health in Missouri



## Are you at risk for having heart disease?

### Non-modifiable Risk Factors

- ♥ Age
- ♥ Race/Ethnicity
- ♥ Sex
- ♥ Family history

### Modifiable Risk Factors

- ♥ Hypertension
- ♥ Poor nutrition
- ♥ Smoking
- ♥ Diabetes
- ♥ High Cholesterol
- ♥ Physical inactivity

## Heart Attack Warning Signs

Some heart attacks are sudden and intense...but most start slowly with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help. Physical symptoms to be aware of include:

**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

**Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

\*If you or someone you're with has chest discomfort, especially with one or more of the other signs, **don't wait longer than 5 minutes** before calling 911.

## Did you know?

Heart disease is the number one killer of African Americans in Missouri. Over 1 in 4 African Americans will die of heart disease.

Heart disease cost African Americans in Missouri about 300 million dollars in hospitalization expenditures in the year 2000 alone.

In 2001, 69.4% of African Americans in Missouri were overweight or obese. This number has been on the rise for the past ten years.